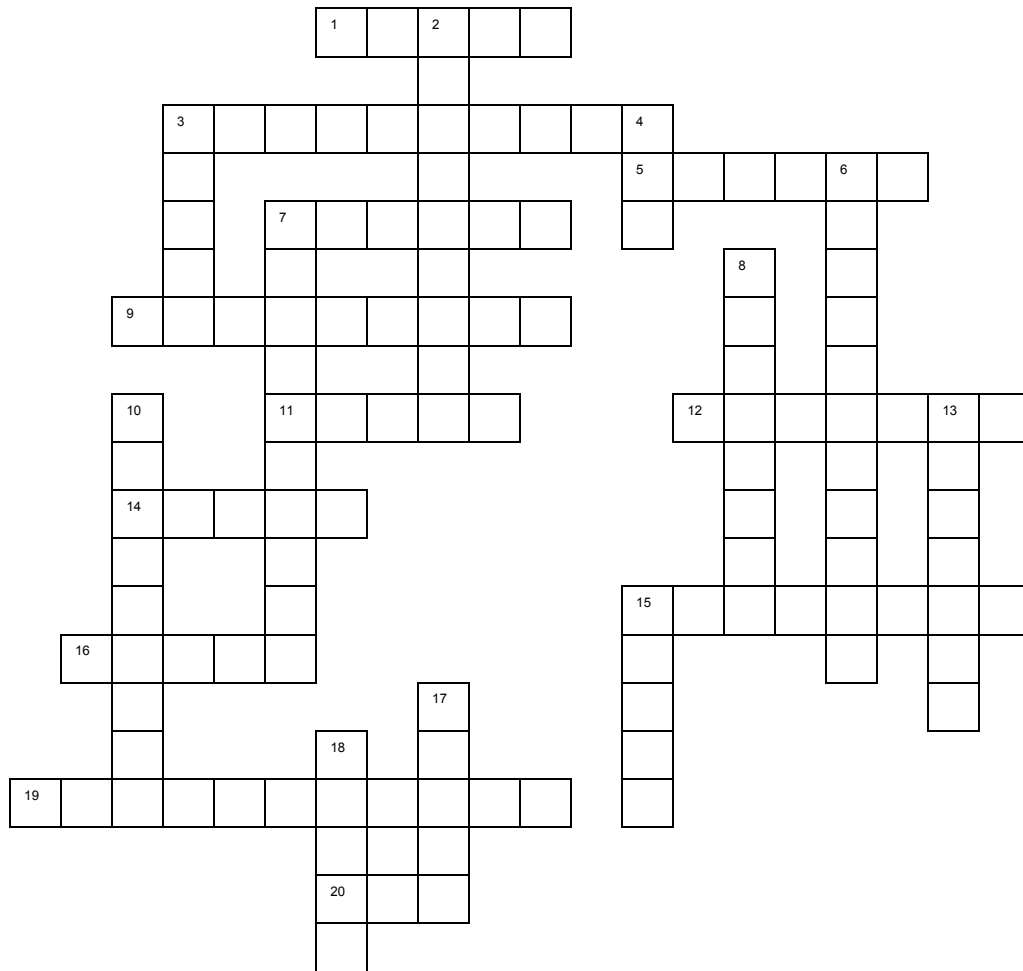


Smoking Cessation Crossword



ACROSS

1. The _____ is one of the main organs damaged by smoking.
3. Parents who quit smoking protect their children from illnesses caused by _____ smoke.
5. Children who are frequently around cigarette smoke are more likely to develop _____.
7. Cigarette smoking accounts for at least 30% of all _____ deaths.
9. If you quit smoking the people you live with, especially your children, will be _____.
11. Most relapses occur within the first _____ months after quitting. Don't be discouraged, just try again.
12. More than 4,000 chemicals have been identified in _____, including 60 carcinogens or cancer-causing agents.
14. One step you can take to help you quit smoking is to _____ new skills and behaviors.
15. Quitting smoking will improve your chances of having a healthy baby if you are _____.
16. One benefit of not smoking is having extra _____ to spend on other things.
19. Smoking has been associated with low _____ in infants.
20. Some of the compounds found in tobacco smoke include ammonia, carbon monoxide and _____.

DOWN

2. It is hard to quit smoking because the nicotine found in cigarettes is a very _____ drug.
3. About half of all Americans who continue to _____ will die because of the habit.
4. Within the first _____ of quitting you will likely begin to notice improvements in your health.
6. _____ can help you stop smoking and lessen the urge to smoke.
7. In the long run, quitting _____ is the easiest and most effective way to stop smoking.
8. _____ is found in substantial amounts in all forms of tobacco.
10. The most important factor when trying to quit smoking will be your own _____.
13. Some smokers suffer negative personal appearance side effects such as stained teeth and _____ bad breath.
15. One type of medication that can be used if you are trying to quit smoking is a nicotine _____.
17. One _____ contains as much tobacco as an entire pack of cigarettes.
18. Smoking is the leading preventable cause of _____.